



**uniting
church**

in Australia
Grahamstown

Rev Waisea Logologo
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Day off is Monday

<https://grahamstown.uca.org.au>

April 2025

Grahamstown Congregation News

Karuah, Medowie, Raymond Terrace, Tea Gardens, Tilligerry



Welcome to Church

Please stay for a cuppa and a chat after the service.

We are in the middle of the Season of Lent heading to the triumphal entry of Palm Sunday, the devastating Cross of Good Friday and the unbelievable and joyous Resurrection of Easter Sunday. May this season be full of meaning for you. He is Risen ... He is Risen indeed!

Services

Date	Tilligerry 9.30 am	Medowie 9.30 am	Raymond Tce 9.00 am	Karuah 11.00 am	Tea Gardens 9.00 am
Please let Ian know if you would like to join the Raymond Terrace Sunday Service via Zoom. https://uca-nswact.zoom.us/j/91575503061					
30	Rev W Logologo	-	Dianne Holden & Lunch	G&M Smyth	Own Service
6	-	Rev W Logologo	Dianne Holden	2pm Joe Kalou	Own Service
13	Own Service	-	Rev W Logologo, HC	Rev W Logologo, HC & Lunch	Own Service
18	Rev W Logologo	-	G&M Smyth	Own Service	Barbara Lyle
20	Easter Sunday Sunrise service @ Lemon Tree Passage foreshore (same location as last year) Starting time 6am Rev Waisea to lead outdoor worship including communion. BYO chair.				
20	-	G&M Smyth	Rev W Logologo	Own Service	Barbara Lyle
27	Rev C Sheppard, HC	-	Own Service & Lunch	Rev W Logologo	Rev W Logologo

Ash Wednesday was celebrated at Raymond Terrace on 6th March.



Readings March / April

Date	Week	1 st Reading	Psalm	2 nd Reading	Gospel
30	Lent 4	Josiah 5:9-12	32	2 Corinthians 5:16-21	Luke 15:1-3, 11b-32
6	Lent 5	Isaiah 43:16-21	126	Philippians 3:4b-14	John 12:1-8
13	Palm Sunday	Isaiah 50:4-9a	118:1-2, 19-29	Philippians 2:5-11	Luke 19:28-40
18	Good Friday	Isaiah 52:13 – 53:12	22	Hebrews 10:16-25 or 4:14-16; 5:7-9	John 18:1 – 19:42
EASTER: The great fifty days of Easter includes eight Sundays beginning with the Easter Vigil and concluding on the Day of Pentecost. The season celebrates the Resurrection and Ascension of Christ and the outpouring of the Holy Spirit.					
20	Easter Day	Acts 10:34-43 or Isaiah 65:17-25	118:1-2, 14-24	1 Corinthians 15:19-26 or Acts 10:34-43	John 20:1-18 or Luke 24:1-12
27	Easter 2	Acts 5:27-32	118:14-29 or 150	Revelations 1:4-18	John 20:19-31

Wednesdays

9am – Craft Group at Tilligerry church, Tanilba Bay

1-3pm – Craft Group at Medowie church during school terms.

Thursdays

1st Thursday & 3rd Saturday of each month, 9 – 11am Toy Library at Tea Gardens. **PLEASE NOTE:** Toy Library is in recess until at least July.

Fridays

Fridays (fortnightly) **at 10.30am – 12 noon – Living Through Grief Meeting** on the 2nd Friday of the month at Karuah RSL and on the 4th Friday of the month at The Grange Village, Tea Gardens.

Church Family Prayer Breakfast

When: Saturday 12th April

Time: 8am

Where: Raymond Terrace Church Hall

Cost: No charge. Donation if you choose

Come & celebrate the journey of Jesus to Palm Sunday in a relaxed style.

Followed by a delicious breakfast of cold & hot food.

Bring family or friends. Children welcome.

RSVP: Dianne on 0418 699 962 for catering purposes.

**A Palm
Sunday
Prayer**
For Joyful
Worship



GrUnCh 21 in March - walkers discovering more about this Raymond Terrace riverside art installation - meet Gerald the fish sculpture, located near the Fitzgerald bridge.



A good walk is topped off with morning tea with extra attendees at the newly renovated Junction Inn with its excellent vista.

No GrUnCh 21 for April – Easter Monday.

Waisea and family visited and shared Holy Communion with Connie and Ray at Uniting Koombahla, Elmore Vale, on Lent 2 Sunday, 16th March.

GrUnCh 21 will be visiting them in May...

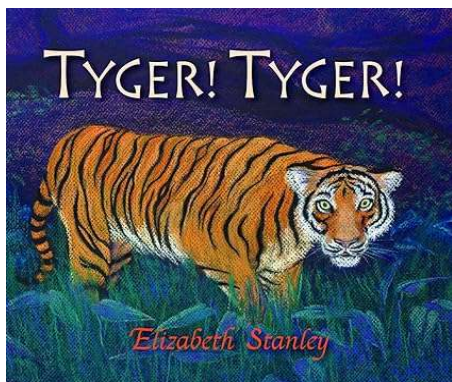
Wednesday, 21st May – A visit to Uniting Koombahla Aged Care, 138 Lake Rd, Elmore Vale to visit our friends, Ray and Connie. There will be a short service in the beautiful chapel

followed by morning tea together. Service starts at **10.30 am**. All are welcome to attend. I'm sure Connie and Ray would love to see you.



MYALL U3A WRITERS & ART GROUP

INVITES YOU TO A UNIQUE WRITING/ART WORKSHOP
HOW TO PLAN - LAY OUT - ILLUSTRATE A CHILDREN'S PICTURE BOOK
AWARD WINNING CHILDREN'S WRITER, ARTIST and ILLUSTRATOR,



TEACHER, PSYCHOLOGIST

LIBBY STANLEY - 7 CHILDREN'S BOOKS and TWO MEMOIRS

THURSDAY 17TH APRIL 1.30 for 2 pm start - 4pm

Afternoon Tea Afterwards Meet and chat 4 – 5.30pm

RSL GRANGE CLUBHOUSE 31-93 SPINIFEX AVE TEA GARDENS
Please Park on Spinifex Ave, walk down Tallwood to Clubhouse

Painting gives artist Elizabeth Stanley's life, meaning. So, after a brush with a deadly infection, she faced an existential crisis. Libby Stanley's children's books are filled with detailed and realistic illustrations. The marriage of drawings and fine text. Elizabeth is interested in exploring the relationships between people and animals, and what children can learn from this.

  **FABULOUS OPPORTUNITY TO MEET A TRULY INSPIRING, TALENTED WOMAN**  

Includes - Paper, Notebook, Pencil, Eraser, Pen, Afternoon Tea - \$20
BOOK A PLACE by Wednesday 9th April leave message LEE –
0411 883 264

Or email. agiftofsong@icud.com All people are welcome

Pause with God

Read Lamentations 3:17-26

“I cannot find peace or remember happiness. I tell myself, “I am finished! I can’t count on the Lord to do anything for me.” Just thinking of my troubles and my lonely wandering makes me miserable. That’s all I ever think about, and I am depressed”. (Lamentations 3:17-20 CEV)

Be aware of Depression: Anyone can suffer from depression, that is why (as a believer in Christ), you and I ought to look after one another in love daily, because we all know that living out our individual lives is never easy.

Take a look at these statistics: The World Health Organization estimates that about 350 million people suffer from depression.

- Untreated depression is the number one cause of suicide
- Suicide is the second leading cause of death in 15–44-year-olds.
- Over 800,000 people die due to suicide every year. Way back in 2014, close to 43,000 thousand people in America died to suicide. In Australia, 3, 214 people died by suicide in 2023

- We lose about as many people to suicide each year as we do to breast cancer.
- Depression is the leading cause of alcoholism, drug abuse, and other addictions. 1 in 5 adults will experience some form of mental illness.

Do you ever go through despair and hopelessness and feel like no one is listening to your fervent prayers? If you have, you are in good company. The Bible is filled with characters who were depressed, discouraged and angry with God. One of those characters was the writer of Lamentations.

The writer of Lamentations was a traumatized person being held captive in Babylon. His friends chastise him for having any faith in God!

The writer of Lamentations suffered from what some call “situational depression.”

This week (Tuesday March 25), I presided over the painful funeral service of a young family friend who tragically passed away through suicide due to this so-called situational depression.

Many experience this kind of depression. A lost job can trigger it. Losing a loved one can trigger it. Going through a divorce can trigger it. For some, depression can be a form of suppressed anger. Something happens to you that really “tees” you off, but you never deal with that anger, and so you get depressed. The late psychiatrist, M. Scott Peck, wrote in his book, *“The Road Less Travelled”* that much mental illness, including chronic depression, occurs as a result of our unwillingness to go through the necessary pain of facing the truth in our lives, the truth that will set us free.

Depression can hit any of us for a variety of reasons. It is a fact of life. If you are suffering from it right now, you are not alone! Also know that it is not a sign of spiritual weakness. And it is never a sign that God is punishing us.

Get Help! - The good news is that depression can be successfully treated. In fact, 80 percent of those treated show an improvement in the first 4 to 6 weeks of treatment. Unfortunately, 2/3rds of those who suffer from depression do not receive treatment. Some depressions just need to take their course. A time of grief, stress, or illness has come, and the brain has released chemicals that serve to numb the mind and body. It is like a shock absorber. Eventually it will wear off.

For some people, depression doesn’t wear off. In some people, the brain and its chemicals get so out of balance that clinical depression may occur. If you or someone you know is showing even the slightest signs of chronic or clinical depression, please seek help as soon as possible. Call out for help to friends, church elders and or professional people and someone will refer you to the right counsellor who can help lead you back to wholeness and joy. Do not wait to get help. Keep trusting on God, and keep praying. God is real. He will find a way to heal you.

Prayer-Heavenly Father, please strengthen our hearts, and remind us to encourage one another when the troubles of life start to overwhelm us. Please guard our hearts from depression. Give us the strength up to rise up each day and fight against the struggles which seek to weigh us down. Amen.

LET'S PRAY !

If you would like Rev Waisea to visit you or your loved one, then please reach out to him. His number is on the front of this newsletter.

Thank you for praying for our brothers and sisters.

Les, Jennifer, Sally, Jeff, Lyn, John and Denise, Peri.

Lagi, Frank, Michelle, Ruth, Judy, Paul, Isabelle, Ray & Connie.

Wendy, Matthew, Peter and Barbara. Anne and Val K.

Kevin, Rachel Pitchford, our Minister, Waisea, his twin brother, Tunisie, Lo and family.

karen@totalrisk.com.au or 0438 299 969

for Grahamstown Newsletter items and photos by the last Thursday of the month.

<https://grahamstown.uca.org.au>

Our Mission

Loving God and
all creation:
a living example
of God's love in
the world

Our Vision

An active,
relevant and
meaningful
church, a safe
and welcoming
community

Our Values

Visible; Inclusive;
Relevant; Active;
Faithful; Innovative
Looking to the
future

Thank you for your regular giving ... whether in an envelope in the plate or via electronic transfer, your giving is appreciated!

Uniting Financial Services **BSB 634 634 & Account numbers** as follows:

Grahamstown 100035375

Karuah 100046015

Medowie 100046201

Raymond Terrace 100046088

Tea Gardens 100046084

Tilligerry 100046093